FAMILY LIFE

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American Institute of Family Relations Marks Completion of First Quarter-Century

On Feb. 3 the AIFR completed its first 25 years of work. Starting with one room in the Los Angeles Chamber of Commerce building, it now occupies its own building with 17 rooms. Compared with a staff of two members at the outset, it now has a staff of almost 80 persons who are giving full or part time, and trained volunteers bring the total well above a hundred. Compared with a few hundred clients during its first year, the past year saw 4,197 persons given a total of 13,686 hours of counseling at the office, in addition to which there were a a dozen groups doing intensive work and a large amount of counseling done by staff members outside the office. The activities in public education, rudimentary at the start, now occupy the full time of seven persons and the assistance in various ways of a score of others.

On Feb. 5 the members of the staff celebrated with a banquet at Town and Gown, University of Southern California. Dr. and Mrs. Paul Popenoe were the guests of honor. Mrs. Joseph C. Wenger, president of the California Federation of Women's Clubs, presided, and the speaker was Dr. Louis H. Evans, national representative of the Presbyterian Church in the United States.

Among the important recent developments of the Institute's program are the Workshop in Human Relations; the program of Preparation for Parenthood, designed to prepare mothers for "natural childbirth" and to acquaint both husbands and wives with the physical and emotional aspects of pregnancy, delivery, and the early care of the infant; increased help to high schools; and aid to marriage counseling services in all foreign countries.

The AIFR has always considered that one of its important functions is to train interested persons, particularly clergymen, in modern techniques of marriage counseling. It offers seminars in the office and aids hundreds of others by mail. Its summer workshop in counseling, now in its eighth year, attracts educators and others interested from all parts of the United States. Intensive Institutes, usually of one week duration, have been held at summer sessions of a score of colleges and universities during recent years. Interneships are available to qualified persons at the AIFR headquarters and there are always half a dozen persons working with the regular staff in this way.

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FAMILY LIFE
Monthly service bulletin of the
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Better public understanding of marriage counseling has been created by a series of articles run in the *Ladies Home Journal* continuously during the past two years, under the general title, "Can this marriage be saved?" In each of these one of the Institute's cases was presented, wife and husband stating their apparently irreconcilable differences and the counselor then explaining how the differences were reconciled and the marriage put on a solid foundation. Marriage counselors all over the continent report that their own practice has been augmented by this series, which gave many people, for the first time, an understanding of what marriage counseling amounts to, stripping some of the mystery from it and emphasizing its procedures in the successful re-education of normal persons. The AIFR has also promoted this better public understanding by articles in many other magazines, syndicated newspaper columns, a motion picture *("A Modern Marriage")* which has been shown in more than 3,000 theaters, and by radio and television. All these media, nation-wide in scope, extend the work of adult education which the staff is able to give through lectures and classes in the immediate neighborhood of headquarters.

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Educational Notes

PORTENT of future educational trends is seen at Teachers College, Columbia University, where the Department of Home Economics is changing its name to the Department of Home and Family Life.

PRECEDENT was set in Maryland when Judge Herman M. Moser signed an order directing sterilization of a woman inmate in one of the state mental hospitals. Maryland has no statute providing for sterilization, but the Attorney General declared that the judicial power of the court, under the General Equity Statute, could be invoked. Medical experts at the hospital, as well as close relatives, urged the operation. The woman, aged 25, was separated from her husband. She had borne him two children and had three more out of wedlock. All five births were followed by mental disturbances. The woman was not a Roman Catholic but two attorneys belonging to that church petitioned the court for leave to intervene, which Judge Moser denied in a five-page written opinion.

THE MINNESOTA Family Life Program offers a course in Preparation for Marriage and Family Life in which the instructor acts as a counselor on problems in family living. The teacher-counselor may have a background in any of the social sciences, but must be able to teach effectively. He must also be himself a mature person with a "genuine interest and respect for people." (*Marriage and Family Living,* March, 1953.)

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Inexpensive Pamphlets

TROUBLESOME — OR TROUBLED? A collection of articles on what teachers can do to help the delinquent child. Price 25c from Minnesota Education Assn., 2529 University ave., St. Paul 14, Minn.

FOR CHILDREN, their parents, and all citizens, folder dealing with the molestation of children, free on request to Dr. Alice Sowers, University of Oklahoma North Campus, Norman, Okla.

ALONE IN A CROWD

by MARGARET BENTON

We human beings have come to a point where we are recognizing more than ever before the tremendous involvement of man with man. Book after book in the last twenty years has stressed one or another aspect of the need of each human being for close, meaningful relationships with his fellow men. In one field after another people work toward creating richer and stronger bonds between individuals.

Family and marriage counseling and education in family life are growing enormously. Cybernetics emphasizes communications. In semantics we study the meanings that can be shared. Church groups, industries, schools, technical groups, research laboratories all apply the methods of group dynamics. These are only a few examples of an emphasis and change of direction that reaches into every area of life — a change leading toward growing awareness and strengthening of our ties with other human beings.

One aspect of the change is our increasing alarm over persons who remain isolated, who cannot seem to enter into satisfying relationships with others. Our concern is reflected in two recent books: one a scholarly study by a University of London Ph.D. candidate; the other a chatty, rather rambling dissertation by a Mississippi State College for Women professor of social studies.

Both Dr. Halmos and Miss Wood feel that our society is responsible for individual separateness. We do not seem to have developed the methods necessary to bring human beings into meaningful contact with each other in a society as mobile and complete as is ours. While Miss Wood is content to state her proposition, Dr. Halmos offers a penetrating discussion of the relation between cultural pattern and developing individual. He shows that the "ideology of privacy" exists in the cultural pattern and is transmitted to the individual in family training as well as in the more direct impacts of society upon the developing child.

He traces the desocialization process, effectively using the decline and disappearance of the choral dance as an example. There was a time when the ties of an individual to his community were rich and obviously present in every aspect of his life. The whole group could coordinate in a choral dance that affirmed those ties. Together they created an expression of the relation of man to man and of man to his universe, according to their mutual, deepest feelings and beliefs.

But the spontaneity, the deeply personal expressiveness of choral dancing was lost as the group ritualized it, then assigned the performance to a few specialists. Finally the choral dance disappeared completely. Only the patterned folk dancing of a few country groups carried on a pale reflection of the group integration and coordination expressed in the choral dance. Just so have other obvious group ties and expressions weakened and broken.

As the group ties have disappeared, people have grown up into a life of isolation from other people. And this is a reflection of the social and cultural pattern, says Dr. Halmos, not an individual accident. For our society simply does not provide enough social training for individuals. Unless a person is lucky enough to be born into a socially competent fam-

ily, he will grow up to be more or less socially incompetent himself. There are many, many families who are socially incompetent to a greater or lesser degree. Even many of those who appear active socially foster a reserve and an inhibited expression that isolates those who practice it even in the midst of social activity. Clients who have come to the American Institute of Family Relations to prepare for marriage have provided ample evidence of the effect of socially incompetent and socially inhibited families.

Both authors turn the spotlight onto the forces that continue to disrupt human relations, and each tries to bring them into relief. They complement each other in the causal factors that they see, for Dr. Halmos stresses the ideals and values implicit in our culture, while Miss Wood describes some of the actual conditions explicit in our individual patterns of behaviour.

The "Ideology of Privacy" says Dr. Halmos, rests upon these pillars:

1. "The Christian-ascetic retirement" from human contact "coupled with a salvationist preoccupation with the self."

2. Individualism and self-sufficiency idealized by an aggressive industrial group and aggravated by competition.

3. Selectiveness and reserve to protect status and prestige.

4. Isolation as a protection of intellectual and artistic "superiority."

5. "Family insularity and nepotistic family-egoism as a form of defence in a hostile world and as a method of self-transcendence in a desocialized community."

The "sundering powers" according to Miss Wood are:

1. The barracks-room way of life required by many occupations — soldier, sailor, miner, ranchhand, forester, etc.

2. The difference between different generations which have been aggravated by the increasing preponderance of older people in our society.

3. Unemployment, with its attendant rejection from the work community.

4. High positions with their necessary isolation from underlings.

5. Ostracism, denationalization, displacement due to accidents of race, group or belief.

6. Physical disabilities and diseases.

Separated from their fellows, unable either to create close bonds or to perceive the real bonds that already exist between themselves and their fellow men, individuals are torn by anxiety, depression, and loneliness. Desperately trying to fill the void, they withdraw, using various defensive mechanisms and substitute activities. But these only increase their isolation without providing any real satisfaction for their unfilled needs.

Miss Wood is content to describe the situation, spicing her comments with literary and philosophical quotations. She appeals at the end for an attempt to bring the lonely ones back into groups, placing the responsibility for such a project both upon groups and upon the lonely individuals themselves. But she offers no suggestions as to how this might be done.

Dr. Halmos, however, makes suggestions that are explicit and profound. In a brilliant comparison of psychoanalysis and religious conversion, he claims that both emphasize individual perfection and thus neither alone can hope to do the job of socialization that needs doing. There is a vast difference between being sociable to prove that one is "well-adjusted" or to win salvation and becoming intimately and integrally involved with other people.

Nor can social reform do the job, for

that changes external conditions without touching the living heart of the person himself. The job calls for social therapy, depending upon both individual therapy and social reform, but going beyond both.

"Social therapy consists in personal aid which is dispensed through the medium of emotionally significant interpersonal relationships with the conscious and deliberate purpose of facilitating the social adjustment of the recipients." Three main techniques will contribute to it.

1. Work with individuals toward increasing their social skills and removing their blocks to close relationship.

2. Lectures, study groups, and other kinds of educational projects.

3. Work with groups where individuals can learn in a group situation to develop and create relationships with others.

Group therapy is obviously such a technique. But Dr. Halmos points out how the work toward socialization can proceed in all kinds of groups — from the personnel groups of industry to the recreational groups arising out of mutual interest; from the family group to the huge, new, coordinated housing communities and community centers.

The solid, thorough study leading up to the final chapters is highly valuable in itself for its extensive and perceptive analysis of isolation in our society. Thoroughly documented, it provides a wealth of research material pertinent to the problem. But perhaps the most valuable part of Dr. Halmos' book is its final chapters, in which he discusses the possibilities for social therapy. For it is here that he shows how the principles of group psychotherapy and psychodrama could be applied unobtrusively in recreational groups. This has happened already in many groups, often more or less by accident. Dr. Halmos uses several such instances as examples. They demonstrate how effective such an application of group therapy principles can be.

Here is a blueprint for socialization that is practical and pregnant with possibilities for all kinds of group situations. Here is a plan which might accomplish effectively and happily what neither individual therapy nor the ambitious projects of reformers have achieved — the reintegration into rich relationships of the lonely, the withdrawn and the rejected.

(SOLITUDE AND PRIVACY: A Study of Social Isolation, Its Causes and Therapy by Paul Halmos. Pp. 181, price $4.75 from the Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1953.)

(PATHS OF LONELINESS: The Individual Isolated in Modern Society by Margaret Mary Wood. Pp. 250, price $3.75 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1953.)

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Around the World

TEN SPECIALISTS, under WHO auspices, have been meeting in Holland as the International Committee on Training of Midwives. In many countries these are responsible for most births, and their selection and education naturally depend largely on local conditions. But for the greater part of the world's population, births still take place in homes with the assistance of relatives or neighbors who have had no training whatever, and only one midwife is listed for each 60,000 inhabitants. The specialists foresee great difficulties in trying to raise the level of care at childbirth to even a slight degree.

DETAILS of the new Argentine divorce

law reveal its radical character. After one year of separation, either partner may apply for divorce on broad grounds; decree will be granted immediately and remarriage is immediately possible. The law is expressly stated to apply to marriage contracted in foreign countries, and nothing is said about a required residence. This action of the Peron government marks another step in the break with the Roman Catholic church. In the past, divorce has not been possible in the Argentine Republic.

EDITED by A. P. Pillay, a new bimonthly journal of 32 pages called the *Journal of Family Welfare* appears in India (278 Hornby Road, Bombay 1). Foreign subscription is Rs.12/ a year. It deals with "problems of spacing births, infertility, and marital and sex difficulties." Dr. Pillay is widely known as author of many books in this field and as editor of the *International Journal of Sexology*.

STERILIZATION of women in Puerto Rico has been very popular for many years but a recent report says, "Increasing difficulty in obtaining cooperation from urologists and gynecologists" has now made it impossible to have women sterilized. Advocates of sterilization claim "this is due to active methods of 'brain washing' and 'scare techniques' initiated by the Catholic church." Male sterilizations, however, are reported to be increasing slightly.

INTERNATIONAL COUNCIL OF WOMEN, meeting in Helsinki, Finland, adopted a resolution demanding the abolition of the "double standard of morality" and "the application of the same high moral standard to the woman and the man."

RECENT FRENCH CENSUS figures show that the marriage rate of young people is less than it was 20 years ago; that of widows and widowers higher. Explanation is the lack of housing. Young people do not marry because they can not find a place to live. The older ones already have homes.

SURVEY of the reading habits of adolescents in Russia shows Robinson Crusoe, Gulliver, Tom Sawyer to be very popular, together with the animal stories of Seton Thompson and the novels of Fenimore Cooper and Walter Scott.

INTERVIEWS with 315 women, from 20 to 35 years of age, in Denmark revealed to Kirsten Auken that only one in every eight had received sex education from her mother. Most of them had had sexual relations before marriage, but one-half of these only with the man whom the woman married. Such sexual experience was less common among the educated and the actively religious, than among others.

SURPLUS OF MEN is a problem in Australia, partly as a result of immigration of unmarried males since the last war. Australian women tend to marry their "own kind" rather than the new arrivals from Europe.

INDIAN GOVERNMENT is circulating a film urging birth control. This documentary is supplied to all motion picture theaters and they are obliged to show it along with the usual feature films.

Research Notes

SEVENTEEN QUINTUPLET births have been recorded in the U.S., of which twelve are well documented, says J. B. Nichols. Most of these were very premature with stillbirths, and in only one instance are any of the babies reported to have survived early infancy. In Canada, in addition to the Dionnes, there was one other set of quintuplets, none of whom grew up. There have been two

documented sextuplet births in the U.S. Of one set, four survived to old age while of the other set one survived. (*Acta Geneticae Medicae et Gemellologiae,* 1954.)

SOCIAL ISOLATION during adolescence may have undesirable results, but it does not predispose to or intensify schizophrenia, in the opinion of John A. Clausen and Melvin L. Kohn. They compared two carefully-matched groups in Hagerstown, Md., over a period of 16 years. One was made up of hospitalized schizophrenics, the other of controls. Schizophrenia seems to develop on a constitutional foundation and is not produced in a sound personality by difficulties of adolescent adjustment. The study is a product of the National Institute of Mental Health.

HARE-LIP occurs most frequently in the offspring of elderly mothers, according to an English study by B. MacMahon and T. McKeown. They found it nearly four times as common when mothers were over 38, as when they were much younger. (*American Journal of Human Genetics,* May, 1953.)

AUTOMOBILE ACCIDENTS are known to be related to emotional states, and proneness to accidents while flying is now being tied to similar conditions. Speakers at a meeting of the European branch of the Aero-Medical Association, in Zürich, agreed that the "private lives" of flyers need to be watched. The man who quarrels with his wife before going up in the air may be headed for trouble.

FAMILY LIFE and the attitudes of the rest of the family toward aging are important in whether or not a person will handle his own aging effectively. When families as a whole accept the cultural stereotypes about aging and when parents have handled their own aging in a negative way, an individual is much less likely to adjust well to his own aging, according to a study at Columbia Teachers College. (*Journal of Social Psychology,* February, 1953.)

DOROTHY BROWNFIELD points out that as a child learns the language of its family, it learns also meanings, facts, social ideas, attitudes, habits and customs. She presents the view that communication, not only verbal but also nonverbal—gesture, emotion, response, body motion—is the key to the dynamics of family life. For the communications of a family reflect its whole personal and social pattern, and through communication this pattern is transmitted to the children. (*Marriage and Family Living,* March, 1953.)

MIGRANTS in ten southeastern cities were studied to see whether there was any difference in marital status between them and the total population. For migrants coming in of both sexes, and for female migrants leaving, the percentage of married and non-married people was similar to the percentages in the total population. Only for male migrants leaving the city was the percentage of single men higher than the same percentage in the total population. Thus, in these cities, marital status seems to be independent of mobility except in the case of single men leaving town. (*Social Forces,* 32, 1953.)

CLINICAL EVIDENCE points to the fact that the wife of an alcoholic often unwittingly encourages her husband's alcoholism. Often she seems to do so because she needs and wants to be the dominant partner, but feels inadequate to be dominant with any but a man who has obvious weaknesses and difficulties and who obviously depends upon her. (*Journal of Psychiatric Social Work,* 23, 1953.)

NEW BOOKS IN BRIEF REVIEW

ANNUAL REVIEW OF PSYCHOLOGY, Vol. 6, 1955. Pp. 517, price $7 from Annual Reviews, Inc., Stanford Univ., Calif.

While this volume is addressed to the professional psychological profession, it is a mine of information for any serious student of human nature. Experts have digested several hundred titles under each of 18 topics. The discussion of child psychology, for example, suggests that one need not take the findings of any authority too seriously at the present time — it is easy to cite two or three other authorities who reach opposite conclusions. Review of psychotherapy indicates that this subject is going through a far-reaching re-appraisal. There is little evidence that any of the present procedures produce satisfactory results. Summarizing, Paul E. Meehl of the University of Minnesota concludes that "In our present ignorance it is practically certain that clients are treated by methods of varying inappropriateness, largely as a function of which therapist they happen to get to." There is need to break away from tradition largely derived from Freud, and to try new methods, perhaps looking on much of therapy as a learning process in which the client must "learn to do by doing." The Rorschach test continues to fail in all sorts of ways. Counseling is still in an early stage of development, with the clergy taking a more and more active part in it, and with evidence accumulating that the individuality of the counselor is more important than his theoretical background.

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THE ROOT OF THE MATTER, by Margaret Isherwood. Foreword by Gerald Heard. Pp. 238, (no index), price $3.00 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1954.

"The child to whom the religious life is presented as a way, a search, is infinitely less vulnerable to traumatic loss of faith than one to whom religion is presented as a fixed and static creed embodying final truth and to be believed unquestioningly." In this statement lies "the root of the matter" as the author sees it. Her plea is for the abolition of the authoritarian attitude in the home, school, and church. It is not surprising, then, that this is a controversial book, iconoclastic in its refusal to accept 'a religion of absolutes and certainties which life may later fail to substantiate"; yet courageous in its attempt to substitute new concepts for those which its writer considers outworn. While chiefly concerned with the psychological and religious training of children, Miss Isherwood's interests naturally lead her into a general discussion of spiritual values, of beauty, joy, pain, truth, and goodness. Firmly advocating the empirical rather than the dogmatic method of education, she maintains that "the business of teachers should not be to tell, but to rouse us to the quest," and that "a minister cannot be called 'trained' who does not know his psychology as well as his theology." In her preface Miss Isherwood says, "I should like to make it clear that this book is not written for the orthodox believer or the orthodox atheist . . . it is for the uncertain and the seekers." So its value may lie less in the degree to which readers accept the author's opinions than in the stimulus offered to honest re-evaluation of their convictions. Born in England, the daughter of a clergyman, and educated at Cambridge, Margaret

Isherwood has been for many years a teacher and practicing psychologist. Much of this, her first book, was written during several years' residence in the United States.—*Sue Kimmell.*

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THE STUDY OF PERSONALITY, ed. by Howard Brand. Pp. 581, price $6 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1954.

Providing a useful supplement to conventional textbooks, psychologist Brand (University of Connecticut) has brought together 32 articles published in scientific journals, and has classified them as dealing with either theory, methods, or problems. This broad survey of the field is extremely valuable, and no one seriously concerned with the subject will want to overlook it.

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HOW TO BE A SUCCESSFUL TEENAGER, by William C. Menninger and others. Pp. 256, price $2.95 from Sterling Pub. Co., 215 E. 37th st., New York 16, N.Y., 1954.

Science Research Associates of Chicago have been publishing popular pamphlets on the problems of life and this book apparently consists of eight such pamphlets brought together under one cover. Moreover, the pages of the original pamphlets appear merely to have been reproduced, in somewhat smaller size, by photo-engraving. The volume is therefore not too good-looking, but the contents are sound, and many youngsters will profit by the discussions of personality, social adjustment, dating, and sexual development.

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SHOULD YOU DRINK . . . by Charles H. Durfee. Pp. 152 (no index), price $2.49 from the Macmillan Co., 60 Fifth ave., New York 19, N.Y., 1954.

Anyone who drinks at all can develop a drink problem, says psychotherapist Durfee. Alcoholism is not necessarily an evidence of a maladjusted personality; it may be merely the result of habit. Dr. Durfee, who for a quarter of a century has been treating alcoholics on his Rhode Island "farm," says there is no such thing as a permanent physical craving for alcohol. He discusses his methods of re-education and emphasizes the difficulties of preventing relapses, and the importance of the home environment. Many men who have been "cured" are driven back to drink by their own wives who refuse to accept the change, insist on continuing to manage everything, and thus break down the husband's self-respect. Dr. Durfee's book is easy and sensible reading.

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THE POWER OF POSITIVE THINKING FOR YOUNG PEOPLE, by Norman Vincent Peale. Pp. 215, (no index), price $2.95 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1954.

This is a revised and shortened form of Dr. Peale's best-seller, intended expressly for young people. Its message could probably best be summed up in the author's own words: "the acquiring of dynamic faith is accomplished by prayer, lots of prayer, by reading and mentally absorbing the Bible, and by practicing its faith techniques." In addition to the religious approach which forms the central theme of this book, Dr. Peale offers a lot of sound psychology to use in meeting everyday problems. As evidenced by the great popularity of Dr. Peale's other books, this, too, should prove helpful to a wide circle of youngsters.—*David Popenoe.*

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A SYNTHESIS OF HUMAN BEHAVIOR, by Joseph C. Solomon. Pp. 265, price $5.50 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1954.

Many books on behavior are concerned with "analysis," or the breakdown of

human activity and thought, which is thereupon traced back to infantile patterns, says Dr. Solomon. He has followed the opposite course, beginning with the infant and tracing the development of the ego to maturity. Three-fourths of the book are given to the period up to age 20, but there are valuable sections on middle age and maturity-old age. Orientation is Freudian. Dr. Solomon is assistant clinical processor of psychiatry at the University of California.

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EMOTIONS AND BODILY CHANGES, by Flanders Dunbar. Pp. 1192, price $15 from Columbia University Press, 2960 Broadway, New York 27, N.Y., 1954.

In this truly monumental volume Dr. Dunbar offers "a survey of literature on psychosomatic interrelationships, 1910-1953." The first edition appeared in 1935 and it has been augmented regularly until this fourth edition lists nearly 5,000 titles, with a brief digest of the more important. Opening sections consider orientation and methodology; then the various organs or organ-systems are taken up separately. While the author is discriminating, she can naturally not give a critical evaluation of the many contributions, some of which are mere expressions of opinion unsupported by real evidence. This volume developed during the years when the psychological aspects of medicine were being stressed. Just now the swing is back toward the physiological, which makes some of the contents seem outdated, but balance is favored all the more by having this side of the story available for easy reference. The book is indispensable in any reference library, but probably beyond the horizon of the average layman.

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A DICTIONARY OF PASTORAL PSYCHOLOGY, by Vergilius Ferm and others. Pp. 336, price $6 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1955.

Along with an extraordinary quantity of cross-references Dr. Ferm (head of the department of philosophy in the college of Wooster, Ohio) has written short articles on many topics and presents a few others from half a dozen well-qualified specialists. Much of the content seems to have no more relation to the pastorate than to any other line of interest; and the treatment is sketchy. Two pages, for instance, are more than needed to give a definition of "juvenile delinquency", but far less than needed to provide a satisfactory discussion of it.

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THE EARLY YEARS OF LIFE, by Alice Balint. Pp. 149, price $3 from Basic Books, 59 Fourth ave., New York 3, N.Y., 1954.

In the introduction to this little book Anna Freud states that it was first published in England more than 20 years ago and that "the life of the nursery described in it has changed nearly beyond recognition in the interval." There may be some question as to the value of an outdated discussion of this sort, for the ordinary parent. Miss Balint, who died in 1939, was a student of anthropology and sociology before she took up psychoanalysis. The book, which is very readable, appeared originally as "The psychoanalysis of the nursery."

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THE GUIDEPOSTS ANTHOLOGY, ed. by Norman Vincent Peale. P. 333 (no index), price $3.50 from Prentice-Hall, 70 Fifth ave., New York 11, N.Y., 1954.

From the magazine *Guideposts,* 75 men and women tell how they have met a wide variety of crises in their lives. The book is pleasantly factual as well as "inspirational."

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

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The Institute publishes more than a hundred books and pamphlets dealing with every phase of marriage and family life. Here are two popular ones:

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The Institute's widely known "Premarital Conference" pamphlet, dealing with sexual adjustment in marriage. It has proved to be just as valuable to many persons already married, as to those looking forward to marriage. Sold at $15 per hundred or $2.50 per dozen; single copy.....25c

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THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counseling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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